

Fun, Fresh, Fabulous

Bring your hair style into the new season

By Apryl Chapman Thomas

Following the lead of pastel Izod shirts and The Pixies, glamorous hair is making a comeback. According to Guy Romeo, stylist at Prive in Los Angeles, "Everything this fall has layers and shapes. Not only are clothes being shaped and layered but so is hair. It's like the good things of the '80s are making a comeback, leaving behind the large shoulder pads and white pants."

The Colors of Fall

While your hairstyle should suit you and your lifestyle, it needs to have not only shape but beautiful colors. "What we are seeing for the fall is richer colors. For blondes, think more wheaty and tawny tones. It's more of a cool blonde shade, not warm or bright. For brunettes, the color is also cool and rich. For redheads, dark auburn is the shade for the fall. It is all about being sexy and glamorous, yet natural looking." Romeo adds that you want your color to look natural, but not obvious.

For many of us who are still recovering from the summer and the endless hours at the beach or pool, we need immediate help for our hair. Before taking on any of the fall season's new looks, Guy offers this advice:

"Bleached blonde is out. If you are blonde and get highlights, make an appointment at your salon for a moisture treatment to restore your hair from the summer, and request low-lights to make your hair color more rich and toned down."

For those with shoulder-length and long hair, request to have a detoxing or striping treatment done. This treatment doesn't remove any color, Romeo points out, but only removes impurities, such as minerals and build-up. "Your hair may feel coarser than normal after the treatment, so you would also want to follow up with a moisture treatment."



At Home Hair Care

Even if you don't have time to go to your salon, Romeo provides a simple recipe so you can detox your hair at home, anytime.

Ingredients

2 tablespoons of baking soda
Squeezed juice from a whole lemon

Directions

Shampoo and rinse your hair as normal. Mix the baking soda and lemon juice together until you get a paste. Apply the paste to your hair, using a comb to distribute the paste evenly. Top your hair off with a shower cap and wrap a warm towel completely around your head and the cap. Leave on for 10 minutes, and then shampoo out. Follow up with a moisture packet treatment.